

RHETT'S OUTDOOR CHALLENGE

ROC7K

TRAIL • RUN

RACE INFORMATION

Thank you for registering to RUN the ROC 7K Trail Run.
We look forward to having you join us on Saturday, January 24, 2015!

SCHEDULE

Friday, January 23, 2015:

5:00PM-7:00PM: Packet pick up at the ARC
(1701 West Ash)

Saturday, January 24, 2015:

7:45AM-8:50AM: Packet pick up and
Race Day Registration (if the event is not
sold out) at Antimi Shelter

9:00AM: Race Begins

9:30AM: Post-race food available

10:15AM: Awards

11:00AM: Race Course Closes

DIRECTIONS/PARKING

The ROC7K race site will be at the Antimi Shelter at Columbia's Cosmo Park at 1615 Business Loop 70 West. The Antimi Shelter is straight back from the main entrance to the park (near the skate park). There will be signs to direct you and plenty of parking near the shelter.

Race Day

- At Packet Pick Up you will receive your timing chip, race bib and ROC 7K shirt
- We encourage those who plan to run at a faster pace to be toward the front at the start line and those who will go at a slower pace to start toward the back – this will help minimize the amount of passing on the trail.
- If you need to pass on the trail, please announce yourself and pass on the left when the trail allows you the room to do so.
- A warm breakfast will be provided by Lucky's Market and will be available for participants at the finish line
- If you are unsure of the footing ahead, slow down and proceed with caution
- SMILE, HAVE FUN and THANK VOLUNTEERS!

About the ROC 7K Trail Run Course

Rhett's Run is a single track trail designed for mountain biking. It also makes a great running trail because it is well maintained and includes just the right amount of varying terrain to make it fun. Along the 4.3 mile course, ROC runners will encounter some hills, rocks, roots, grass, and the occasional bit of gravel. It's beautiful out there!

The course will be very well marked with flagging in trees, arrow signs and kilometer markings as well as volunteer support. There will be 1 aid station with volunteers, water and basic first aid supplies.

ROC 7K Trail Report

As of today (1/22), the trail is looking great! These warm days have thawed it out so there is mud in some areas, but the sunny skies this week should help to dry them out a little. You will want to watch your step for rocks, roots and ruts. If there is any ice on the trail on race day (unlikely) we will have signs giving you a heads up.

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Course Direction and Markings

- There will be volunteers along the Bear Creek Trail giving direction at all of the Rhett's/ BCT crossings.
- On the course you will see 3 different types of marking: orange flagging tape in the trees, red arrow signs and yellow caution tape (see images below).
 - Once you are on Rhett's Run, you will see lots of orange flagging in the trees – after you pass one you should be able to see the next one soon. Following these will help you to know you are on course.
 - There will be red arrows at all decision points, it is important to pay close attention to these and follow them.
 - When you come to caution tape, don't cross it! If you have to cross over caution tape you are going the wrong way!
 - The entire course will be very well marked and easy to follow, just pay attention to the markings and we'll see you at the finish line!



Do NOT cross caution tape!



You will see LOTS of these!



Red arrows show you the way!

Awards

The awards for the 2015 ROC 7K Trail Run were made by local artist Karsten Ewald. They are one of a kind. Awards will be given to the top overall male and female finishers as well as the top 3 male and female finishers in the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over.

Weather

The ROC 7K Trail Run is a rain (snow) or shine event unless there is extremely severe weather. In the event of severe weather or unsafe trail conditions, the ROC 7K will be postponed to Saturday, February 7, 2015. Racers will be notified by email if the race is postponed.



Lucky's Market

